



## ABSTRACT OF THE DISCLOSURE

This invention relates to a nutritional intervention composition for enhancing satiety prior to a meal and extending satiety after a meal. The nutritional intervention composition decreases food intake producing weight loss over time. The composition consists of Niacin, Vitamin B6, Calcium, Phosphorous, Magnesium, Chromium, Chitosan, Fenugreek, Ginseng, White willow bark, Garcinia cambogia, Aloe Vera gel powder, Momordica charantia, Griffonia simplicifolia, Lagerstroemia speciosa and Vanadyl sulfate. The invention does not require stimulants or anabolic ingredients. There are three phases of activity within the composition. One, enhanced satiety through elevated serotonin. Two, improved carbohydrate metabolism, reduced blood glucose and slowed gastric emptying. Three, enhanced fiber binding of lipids and excess bile acids.